

Food - Historic recipes (Copy #2)

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PIONEER RECIPES

SELECTED FOR MICHIGAN WEEK

MAY 4-10, 1958

ESPECIALLY ADAPTED FOR MODERN KITCHENS

SECOND EDITION REVISED AND ENLARGED

COMPLIMENTS OF

THE KALAMAZOO PUBLIC MUSEUM

KALAMAZOO, MICHIGAN

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SOME MICHIGAN PIONEER RECIPES

These are recipes used by Michigan families for several generations and have been selected because they feature the use of Michigan products and represent adaptations to the conditions found in the State during the early days of its settlement. The only changes are the modernization of measurements and a description of the methods for combining ingredients.

The first edition of this booklet was produced in 1956 and the demand was so great that the supply was soon exhausted. It was felt, therefore, that another and enlarged edition might be well received.

It seems difficult to find a steamer in the stores, so the directions for making one are included. Not only is such a utensil useful for making the recipes given in this booklet, but it serves very well for warming leftovers without drying them.

Select a pan or kettle and fit a second deep kettle with a flat bottom on top of, or slightly into, it. An 8-cup aluminum basin and a 6-quart aluminum kettle with a tightly fitting cover were used in preparing the recipes given here. The bottom of the large kettle was perforated with small holes by drilling at regular intervals with a fine drill--1/8 inch or larger. If the holes are drilled from the inside out, the slight burr may be removed with emery cloth and a fine file and there will be no danger of scratching hands or furniture. A 6-cup aluminum basin was used as a pudding pan and fitted comfortably into the kettle. A sheet of aluminum foil made a good cover for this inner pan.

In use, 4-6 cups of water were poured into the lower pan, the perforated kettle was placed over it, covered, and the water brought to a boil. The covered pudding pan with its contents was placed inside, the kettle covered again and left undisturbed for the required cooking time. Should the lower pan threaten to boil dry before cooking is completed, the upper kettle may be gently removed enough to allow boiling water to be added, then replaced. On no account should the cover be lifted until the cooking time has passed.

and may want oil after browning since bacon is used. Add oil
discreetly when oil has been used because oil will
burn easily and cause smoke because oil is
not the best oil because it has strong taste added and oil
will flavor dumplings and bacon after bacon has been
browned. Add water to bacon fat, bacon and onions until
covered. Season meat, bacon and onions with salt and pepper
and mix together and brown bacon and onions and bacon
dumplings.

M E A T S

FRIED CHICKEN WITH STEAMED DUMPLINGS

Select a stewing chicken and disjoint. Place all but the liver
in a deep kettle and cover with water. Cover and bring to a boil,
add salt and pepper to taste and cook gently until meat is tender.

Pour liquid into a large frying pan and boil to about 1/3 the
quantity. Add chicken, including liver, and continue to boil until
chicken is brown, turning pieces so they brown evenly. Watch that
meat does not stick to pan. When browned sufficiently, remove
meat to a warm platter, pour off grease and brown the drippings in
the pan.

Add 3 cups cool water and simmer, stirring up the brown drippings
as they loosen. Mix 3 tablespoons flour with enough cold water to
make a thin paste. Stir into simmering liquid and cook, stirring
constantly, until thickened. Salt to taste. Serve with steamed
dumplings.

STEAMED DUMPLINGS

2 cups flour
4 teaspoons baking powder
1 teaspoon salt

2½ tablespoons shortening
1 cup milk

Sift dry ingredients together, cut in shortening and add milk slowly
to make a soft dough. Pour in greased 6-cup basin, cover and put
in a steamer over boiling water. Cover and steam 2 hours. Turn
out on a plate, break off servings with a fork and cover with gravy.

Leftover dumplings may be used later by steaming for 20-30 minutes.

COUNTRY-FRIED SALT PORK AND CREAM GRAVY

Slice salt pork in $\frac{1}{2}$ inch slices and freshen, either by allowing slices to stand in cold water to cover for several hours, or by covering with cold water and slowly bringing to a boil. Pour off water and drain slices of meat.

Lightly beat 1 egg, add 3 or 4 tablespoons of milk, and dip meat slices in this mixture. Drain slightly and roll in flour. Place in cold frying pan and fry slowly over low heat until well browned and crisp, turning as necessary to brown both sides.

When meat is done, remove from frying pan to warm platter, and pour off grease. To the brown drippings left in the pan, add 2 tablespoons of flour, blending with the drippings. Add, gradually, 1 to $1\frac{1}{2}$ cups of milk, stirring constantly over slow heat until gravy is smooth and thickened. Add more milk if necessary to make gravy desired consistency. Serve over boiled potatoes with the meat slices.

HAM PICKLE

This pickling brine may be used to prepare hams, bacon, side pork and corned beef. For smaller quantities of meat, reduce the proportions accordingly.

For 100 pounds of meat:

8 pounds coarse, or 10 pounds fine, salt
2 ounces saltpeter
3 pounds sugar
4 gallons water

YUAN HUNG CHA HSOT TIAO CHIPI-YUHNG

parboiled to reduce ,coconut ham soaked doni $\frac{1}{2}$ ni Shao Tiao meat
 to 10 .soaked lemons with bacon or bacon bloo at base of corrie
 the root ,lived a of unpeeled quail has bacon bloo ditw sakeeven
 time to smoke which has bacon
 bacon glo has ,sift to smokeelder & to 2 lbs ,use 1 bag yeast
 yeast ,soak in flour has overnight untilG .cooking with ni meat
 ham and bacon and use quail yit has noq unpeeled bloo ni
 bacon good meat or greenon as garnish ,quail has

use has ,lettuce stems or noq salted pork stems ,each at least half
 unpeeled 3 lbs ,noq cut si 1st 2nd ,soak 1st 2nd 3rd ,cover the
 aqua di or 1 ,yellow 1bb ,smoking air diw saltbaord ,will be
 smoke si 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th 13th 14th 15th 16th 17th 18th 19th 20th 21th 22th 23th 24th 25th 26th 27th 28th 29th 30th 31th 32th 33th 34th 35th 36th 37th 38th 39th 40th 41th 42th 43th 44th 45th 46th 47th 48th 49th 50th 51th 52th 53th 54th 55th 56th 57th 58th 59th 60th 61th 62th 63th 64th 65th 66th 67th 68th 69th 70th 71th 72th 73th 74th 75th 76th 77th 78th 79th 80th 81th 82th 83th 84th 85th 86th 87th 88th 89th 90th 91th 92th 93th 94th 95th 96th 97th 98th 99th 100th 101th 102th 103th 104th 105th 106th 107th 108th 109th 110th 111th 112th 113th 114th 115th 116th 117th 118th 119th 120th 121th 122th 123th 124th 125th 126th 127th 128th 129th 130th 131th 132th 133th 134th 135th 136th 137th 138th 139th 140th 141th 142th 143th 144th 145th 146th 147th 148th 149th 150th 151th 152th 153th 154th 155th 156th 157th 158th 159th 160th 161th 162th 163th 164th 165th 166th 167th 168th 169th 170th 171th 172th 173th 174th 175th 176th 177th 178th 179th 180th 181th 182th 183th 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NEW POTATOES WITH GREEN BEANS

Cook 1 cup of cut, fresh string beans in salted water until tender. Scrape new potatoes and dice, allowing about 3 cups for 4 persons. Boil until tender. Drain both beans and potatoes and keep warm while making a rich white sauce. Add potatoes and beans in sauce, salt and pepper to taste, and let heat thoroughly, but stir very little. Let stand a few minutes to blend flavors before serving.

RICH WHITE SAUCE

Melt 3 tablespoons butter in large saucepan, add 2 tablespoons flour and blend. Gradually add 1 to $1\frac{1}{2}$ cups rich milk and cook, stirring constantly, over low heat, until sauce is thick and smooth. More milk may be added if desired.

B R E A D S

JOHNNY CAKE

2 cups sour milk	2 cups corn meal
$1\frac{1}{2}$ cups flour	2 teaspoons soda
1 teaspoon salt	$\frac{1}{3}$ cup sugar
1 tablespoon lard, melted	1 egg (may be omitted)

Sift cornmeal, flour, salt, sugar and soda together. Add milk, egg, melted lard and stir well. Pour into greased square loaf pan and bake at 400°F . for 25-30 minutes or until slightly browned. Serve hot.

GRADE SCHOOL HOME ECONOMICS RECIPES

infused flavor & some butter or canned穷味的香料,但要加一些
短ening & not over 6 bread materials, with one measuring cup equaling
one cup. Then measure out shortening & add to water. Add
canned oil until just moistening has occurred. Add 1/2 cup of
yeast, sugar and salt. Cover with a kitchen cloth & let rise
until double. Grease two loaf pans with butter and
buttered bread flour. Let rise again.

GRADE SCHOOL HOME

短发材料 5 杯, 糖果味的香料或罐装的香料 1 杯
水 1 杯 盐 1/2 杯 或 1 杯 黄油或植物油。将水与黄油
或植物油一起加入, 直到刚好湿润。加入 1/2 杯干酵母
、糖和盐。盖上厨房布, 让它发酵
直到双倍大。在两个面包盒里抹上黄油
并用黄油和面包粉刷上。让它们发酵。

BROWN BREADGRADE VINTAGE

four cups flour 2
cups buttermilk 2
teaspoons soda
1/2 cup sugar
(butter or oil) 1/2

四杯面粉 2
杯 酸奶油 2
茶匙苏打 1/2
杯糖 1/2
(黄油或油) 1/2

将干材料混合在一起, 加入黄油或油, 搅拌均匀, 然后
将面团放入已涂油的烤盘中, 放入预热至 375°F 的烤箱
中烘烤 45 分钟或直到变熟。将面包从烤盘中取出, 刷上黄油
并冷却。如果喜欢, 可以加入葡萄干或切碎的核桃。

WHITE BREAD

1 1/2 cup milk	3 teaspoons salt
1 1/2 cup water	1 compressed yeast cake or 1 package dry yeast
3 tablespoons shortening	
3 tablespoons sugar	9 cups flour

Scald milk, add salt, sugar and shortening and stir until shortening
is melted and salt and sugar dissolved. Add cold water and allow
to stand until lukewarm.

Dissolve yeast in $\frac{1}{4}$ cup warm water. Add to lukewarm mixture in a
large bowl. Add flour gradually, beating thoroughly after each
addition. Cover and let rise in a warm place until double in size.
Stir down and let rise again. Turn out on floured board and shape
into loaves. Put in greased bread pans and let rise until double
in size. Bake at 375°F. 45 minutes or until brown. Turn out of tins,
brush with butter and let cool. Yield: 2 medium-sized loaves.

BROWN BREAD

2 cups buttermilk or sour milk	3 cups graham flour
2 teaspoons soda	1 cup white flour
1 teaspoon salt	1/2 cup sugar
1 tablespoon shortening	1 egg, beaten

Mix dry ingredients together, add shortening. Stir soda into milk
and add to other ingredients, stirring only until well moistened.
Add beaten egg and bake in greased loaf pan at 325°F. 1 hour. Turn
out of pan and cool. Raisins or chopped dates may be added if
desired.

D E S S E R T

MAPLE PUDDING

2 cups milk	$\frac{1}{2}$ teaspoon salt
3 $\frac{1}{2}$ tablespoons cornstarch	$\frac{1}{2}$ teaspoon vanilla
3/4 cup maple syrup	

Combine milk, maple syrup, cornstarch and salt in a saucepan. Cook over low heat, stirring constantly, until thickened. Add vanilla and pour into serving dishes. Cool and serve with cream.

BREAD PUDDI

1 cup bread crumbs	2 tablespoons sugar
3 cups milk	½ teaspoon salt
1 egg	1 teaspoon ground cinnamon

Combine bread crumbs, milk, sugar and seasonings in a casserole. Add beaten egg and blend. Bake at 325° F. 1 hour. Serve with sweet sauce.

SWEET SAUCE FOR BREAD PUDDIN'

Combine 1 cup sugar and 1 tablespoon flour in saucepan. Add 1 cup hot water and bring to a boil, stirring constantly. When transparent-looking, add 1 cup hot water. Season with ground nutmeg.

MINUTE PUDDING

Place 2 to 3 cups of milk in a saucepan and bring to a boil. Salt generously. With the hand, take up flour and slowly add to boiling

milk, stirring gently but not so as to break up the small lumps which form. These lumps form the texture of the pudding. When sufficient flour has been added to make a moderately stiff batter, allow to simmer over low heat for a short time, then fold in a beaten egg. Remove from flame and serve hot with brown sugar and rich cream.

INDIAN MEAL PUDDING

3/4 cup bread crumbs	1 cup sugar
5 cups milk	1/3 teaspoon ground ginger
3/4 cup corn meal	1/2 teaspoon salt
2 eggs	

Soak bread crumbs in milk, then heat in a frying pan and stir in corn meal. When slightly thickened, remove from heat and stir in other ingredients which have already been mixed together. Pour in baking dish and bake at 325° F. 1 hour. Serve hot, either with cream or whipped cream, or ice cream.

BLACK RASPBERRY STEAMED PUDDING

2 cups flour	1 cup milk
4 teaspoons baking powder	1-1½ cups fresh, black raspberries,
1 teaspoon salt	washed and drained. (If
2½ tablespoons shortening	canned fruit is used, drain off juice.)

Sift dry ingredients together, cut in shortening and add milk gradually to make a soft dough. Divide dough in thirds and spread 1/3 on the bottom of a well-greased 6-cup pan. Add half the berries, cover with second 1/3 of the dough and add remaining berries. Place remainder

of dough on top, cover and place in steamer over boiling water. Steam 2 hours without opening.

Turn out of pan, cut in serving pieces and serve hot with sugar and cream.

Red raspberries, blackberries or blueberries may be used in place of the black raspberries if desired.

CREAM APPLE PIE

Line pie pan with favorite pastry. Peel and quarter sufficient apples to fill pan, setting the quarters as close together as possible in a single layer. Pour over the apples 1 cup sugar. Combine 2 tablespoons flour, pinch of salt, $1-1\frac{1}{2}$ cups milk and pour over apples. Dot with generous supply of butter. Bake at $400^{\circ}\text{F}.$ for 10 minutes, reduce heat to $350^{\circ}\text{F}.$ and bake until apples are tender. Cool and serve.

FRESH PEACH SHORTCAKE

1 egg	1 cup milk
1 cup sugar	2 teaspoons cream of tartar
3 tablespoons butter	1 teaspoon soda
2 cups flour	

Combine unbeaten egg, sugar and butter. Add flour, sifted with soda and cream of tartar, and milk alternately. Mix until smooth. Bake in two layers at 350° F. about 20 minutes. Cool.

Peel peaches and slice. Add $\frac{1}{2}$ cup sugar, and let stand 15 minutes. Arrange peach slices on one layer of cake, top with whipped cream and serve. Sliced frozen peaches may be defrosted and used instead of fresh ones if desired. Second layer of cake may be used like any cake or served as shortcake next day.

APPLE DUMPLING

Prepare suet by chopping it fine, removing all stringy portions. Mix with an equal amount of flour and 1 tablespoon of salt to 1 quart of the mixture.

To make dumplings: Take 1 cup of prepared suet mixture, add 1 cup flour and 1 teaspoon baking powder. Add just enough water to moisten and gather into a ball. Roll lightly to about $1/8$ inch thick. Cut dough in squares, place $\frac{1}{4}$ to $\frac{1}{2}$ peeled apple in each square and fold dough over apple, sealing it in. Place dumpling in a custard cup in a steamer over boiling water and steam without disturbing for 2 hours. Serve hot with sugar and cream. Makes 4 servings.

COOKIES

SOUR CREAM DROP COOKIES

2 eggs
2 cups sugar
2 cups thick sour cream
2 teaspoons soda

4 cups flour
pinch salt
1 teaspoon vanilla

Cream eggs and sugar. Stir soda into sour cream and add to egg and sugar mixture. Add flour and seasonings. Drop from teaspoon on a greased baking sheet and bake at 350°F. until lightly browned, about 12-15 minutes. This recipe is very large and may be divided.

MINCEMEAT COOKIES

~~Flour?~~

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup brown sugar
 1 egg, well beaten
 1 cup prepared mincemeat

$\frac{1}{2}$ teaspoons baking powder
 1 teaspoon soda
 $\frac{1}{3}$ teaspoon cinnamon or nutmeg
 $\frac{1}{2}$ teaspoon salt

Cream shortening and sugar. Add well-beaten egg and mix. Add the mincemeat, flour, baking powder, soda and seasonings. Drop from teaspoon on greased cookie sheet. Bake at 400°F. 10-12 minutes.

DROP MOLASSES COOKIES

1 cup lard	3 eggs
1 cup molasses	3 teaspoons cinnamon
1 cup sugar	3 teaspoons ginger
4 teaspoons soda	4 $\frac{3}{4}$ cups flour

Cream lard and sugar and add eggs. Beat together. Stir soda into the molasses and add to the creamed mixture. Sift seasonings and flour together and add to other ingredients, mixing well. Drop from teaspoon on a greased cookie sheet and bake at 375°F. for 10-12 minutes or until springy to the touch.

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the interest of the public and we will be able to do things without fearing
anything about the public and if we have time we will have time

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